

## Draining Relationships Healing Exercise

Before you begin...

When you begin to live from the heart, there can be moments when you are challenged to return to old habits and interact with people in patterns that do not serve you in this new approach. Think of situations in your life where you actually feel the energy draining from you. The examples may include angry, cruel words from family members, the postal worker who doesn't work as fast as you would like when you are in a hurry, the friend who doesn't return your call, or the co-worker who makes a derogatory comment about you. These are indications that a stranger, friend, family member, co-worker are connected to you and causing the energy to drain out of you. These relationships offer an opportunity to reclaim that energy and learn how to heal the situation and the people involved easily and effortlessly. They can be healed and you can restore a balance in the relationship with a few, very powerful steps.

Find a quiet place where you can be undisturbed. Set an intention to work from your Higher Self – that place within you that is loving and non-judgmental. Intend that you are also receiving information from that Higher Self within the person that is draining your energy. How you receive information is unique to you. You may see a picture or video in your mind, hear words in your mind or feel the energy move according to what you learn.

This is a time for quiet contemplation and healing for you and the people in your life. View all the information you receive without judgment and with unconditional love. Remember the things you are irritated with in others are opportunities to heal these traits within yourself. "You spot it, you've got it." You would not respond to these issues unless there was some reason to change something within yourself. You cannot change others. You can only change how you deal with them and the issues they present to change within yourself. View it as a gift and the lesson you have a chance to learn.

You can perform this exercise for events in your present or past. You will notice a difference after performing this healing experience. You can use this exercise to resolve old issues that continue to create energy drains in your life.

This exercise is designed to help you discover the areas that will liberate you from the past effortlessly and easily. It is important to "reconnect" the people who support you and "disconnect" as well as forgive and release the people who do not honor and support you with love.

# Living HEART<sup>2</sup>HEART

<p><b>Step One:</b> Imagine a place where you can ask questions. It can be a stage, a field, or an office that you create that is a safe place for you.</p>	
<p><b>Step Two:</b> Place the person that is draining your energy in that place. Ask them, "Do you absolutely 100% support and accept my magnificence?" Listen quietly for their answer.</p>	<p>Results: If the answer is yes, then wonderful. You are free to continue a more loving relationship. You are free to ask them the other questions from this higher place of understanding.</p>
<p><b>Step Three:</b> Ask the person, "What is hurting you so much that you have to hurt me to heal?"</p>	<p>Listen for the insight the person has to offer you. Make any commitments or ask for forgiveness if that is what is needed to heal this situation or relationship with this person.</p>
<p><b>Step Four:</b> Ask the person, "Is there anything that you have to tell me that I might be afraid to hear? What wisdom do you have to share with me?"</p>	<p>Have the courage to listen to what this person has to say to you. You can continue to ask questions and receive answers. There are no restrictions or limitations. The person can be alive or deceased. Remember to remain in a state of unconditional love and non-judgment.</p>
<p><b>Step Five:</b> Provide healing for the person. Place them on a mini-massage table the size of a note card. Intend that the person be filled with love, light and healing. You will feel the healing for yourself also.</p>	<p>Heart 2 Heart Healing seminars are available to learn more about healing. If you practice another form of healing others, intend that love be the power behind this interaction with the person in your life.</p>
<p><b>Step Six:</b> If the person is unwilling to move beyond the draining relationship, visualize a cord from the individual's body that is plugged into you. Remove the plug from the socket in your body and release the connection with love and joy.</p>	<p>This means that the relationship as it is no longer serves you and you require the terms of the relationship to change. It is no longer an option for the person to continue draining your energy. The person has the free will to decide to continue the connection in a new way.</p>

# Living HEART HEART

Person's Name	“Do you absolutely 100% support and accept my magnificence?” “What is hurting you so much that you have to hurt me to heal?” “Is there anything you need to tell me that I might be afraid to hear?” “What wisdom do you have to share with me?” Enter feedback and commitments here.